



## **55 Clean Eating Snacks for the Whole Family!**

1. Applesauce, no sugar added
2. Apples sprinkled with cinnamon
3. Fresh sliced Peaches - can sprinkle with cinnamon
4. Pears
5. Grapes - fresh or frozen!
6. Fruit skewers - cube or ball fruit and skewer them to make it fun for kids!
7. Pineapple Green Smoothie (1/4 large pineapple, 1 frozen banana, 2 cups frozen green grapes, 1 peeled kiwi, 1 small slice of lime, with peel, 2 cups fresh spinach, 2 cups of water or more if needed - blend all together and enjoy!)
8. Apple and peanut butter sandwiches (slice apples on the diameter so they are thin round slices, then cut out the core center of each slice, spread peanut butter on one side, sprinkle with mini chocolate chips, unsweetened shredded coconut or other toppings, and top with another round slice of apple to make a sandwich! Kids love these!)
9. Smoothie Pops - freeze your favorite smoothies in a popsicle mold, like the Pineapple green smoothie above!
10. Freeze dried fruit
11. Orange slices sprinkled with cinnamon
12. Fruit leather (1 cup applesauce, 1 ½ cups chopped strawberries, blended until pureed. Spread puree on parchment sheet lined cookie sheet, bake on 170 degrees F for 3-4 hours,

checking halfway and rotating pan if needed. Fruit leather should be slightly sticky but not too soft when done!)

13. Cinnamon apple chips (cut apples as round slices, then core each slice, spread the slices in a single layer on a baking sheet, sprinkle with cinnamon, and bake at 250 degrees F, for 30 minutes, flip each slice and bake another 30-50 minutes or until crisp!)

14. Frozen peas!

15. Fruit and yogurt parfait

16. Frozen bananas dipped in peanut butter

17. Berry bowl (mix 1 cup strawberries, blueberries, and blackberries together and drizzle 1 Tbsp or orange juice all over it)

18. Frozen blueberries and Greek yogurt drizzled with honey

19. Apple nachos (melt ½ cup dark chocolate with 1 Tbsp coconut oil, drizzle over sliced apples and top with any nuts, dried fruit, or unsweetened shredded coconut)

20. Baked apples or pears (cut fruit in half, core, drizzle pure maple syrup on top, sprinkle with cinnamon, and bake at 400 degrees until soft)

21. Dried apricots (no sugar added) and cashews

22. Whole wheat bread spread with peanut butter and topped with sliced bananas

23. Grilled pineapple

24. Homemade whole wheat OR gluten free pancakes (make ahead of time and freeze them so you can pop in microwave for 30 seconds and be done!)

25. Homemade whole wheat OR gluten free, waffles (make ahead of time, and freeze them. When ready, pop in the toaster!)

26. Whole wheat tortilla spread with peanut butter, sliced banana, rolled up

27. Cucumber roll-ups (thinly slice cucumbers long ways, spread with hummus, cut bell peppers into matchsticks and roll them into the cucumber)

28. Edamame sprinkled with sea salt
29. Bell pepper sticks dipped in guacamole
30. Hard boiled eggs sprinkled with salt and pepper
31. Cherry tomatoes
32. Sugar snap peas (can dip in hummus!)
33. Pistachios
34. Sweet potato fries
35. Roasted broccoli
36. Tomato and cream cheese on whole wheat bread (add a smidge of pesto for extra flavor!)
37. Ants on a log (spread peanut butter in celery and top with raisins)
38. Celery topped with cream cheese and dried cranberries (no sugar added)
39. Mini Mexican pizzas (whole wheat English muffin, spread with salsa, and sprinkled with shredded cheddar cheese. Top with sliced green onion, black olives, even black beans. Broil in oven until cheese is melted, about 4 minutes)
40. Caprese salad (diced tomatoes, 1 Tbsp fresh basil chopped, and mozzarella (shredded or balled) drizzle with balsamic vinegar, sprinkle with salt and pepper)
41. Mini skewers (kids love this! Using tooth picks, let them build their own with cubes of cheese, cut up fruit, chopped cucumber and tomatoes, or even chicken. The possibilities are endless!)
42. Deviled eggs
43. Lara bars

44. Pumpkin pie energy balls (1 cup dried prunes, ½ cup pecan halves, 1/3cup canned pumpkin puree, ¼ cup unsweetened shredded coconut, 1 tsp pure hazelnut extract (can omit) 1 tsp pure maple syrup, 2 tsp pumpkin pie spice, 1 pinch sea salt – pulse nuts in food processor until finely ground, add all remaining ingredients and pulse until well mixed. Refrigerate covered for 30 minutes, then roll into tablespoon-size balls, and roll in additional shredded coconut if desired. Store in refrigerator in an airtight container)

45. Granola

46. Homemade whole wheat muffins (make and freeze for later!)

47. Homemade trail mix (dried fruits, nuts, shredded coconut... possibilities are endless!)

48. Chips and salsa

49. Quesadillas on corn or whole wheat tortillas

50. Triscuits topped with cheese or peanut butter and jam

51. Cheese sticks

52. Rice cakes spread with peanut butter

53. Chocolate peanut butter yogurt (mix Greek yogurt with peanut butter, cocoa powder, and a touch of honey)

54. Organic clean popcorn (or make your own)

55. Sweet potato chips (2 medium sweet potatoes, peeled and sliced very thinly, 2 tsp extra virgin olive or coconut oil, 1/4tsp sea salt – line 2 large baking sheets with parchment paper, place slices potatoes in a single layer, brush with oil and sprinkle with salt, bake at 200 degrees F for 2-3 hours or until crisp)